# ORDERING REPLACEMENT PARTS

If you encounter any difficulties with this product, or if you need to order replacement parts, contact the ICON Fitness Lifestyle Ltd. office, or write:

ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds
West Yorkshire
LS7 2AA

Tel: Country Code: 0345-089009
Fax: 0113-2411120

To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (HEEL89073)
- The NAME of the product (HealthRider® Elliptical Crosstrainer)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) from page 14 of this manual.

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Part No. 157833 R0999A

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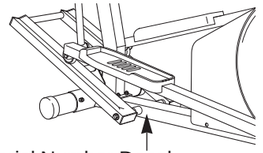
HEALTHRIDER®

ELLIPTICAL CROSSTRAINER

**CLASS HC Fitness Product**

# USER'S MANUAL

**Model No. HEEL89073**
**Serial No. _____**



Serial Number Decal

## QUESTIONS?

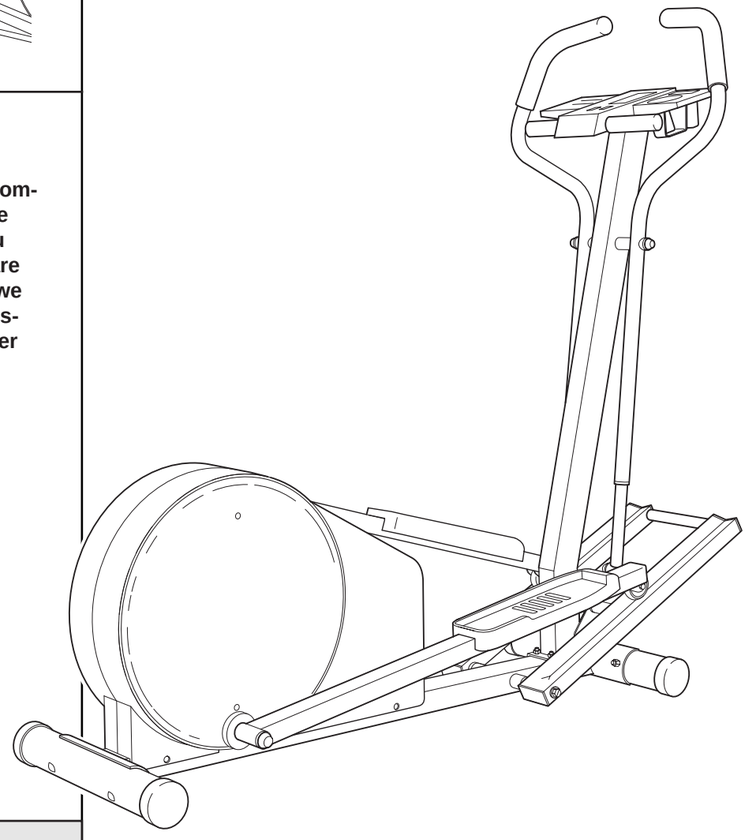
**As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through our Customer Service Department.**

**Please CALL:**
**0345-089009**

**Or WRITE:**
**ICON Fitness Lifestyle Ltd.**
**Greenwich House**
**223 North Street**
**Sheepscar**
**Leeds**
**West Yorkshire**
**LS7 2AA**

## CAUTION

**Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.**



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# IMPORTANT PRECAUTIONS

**WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical crosstrainer.**

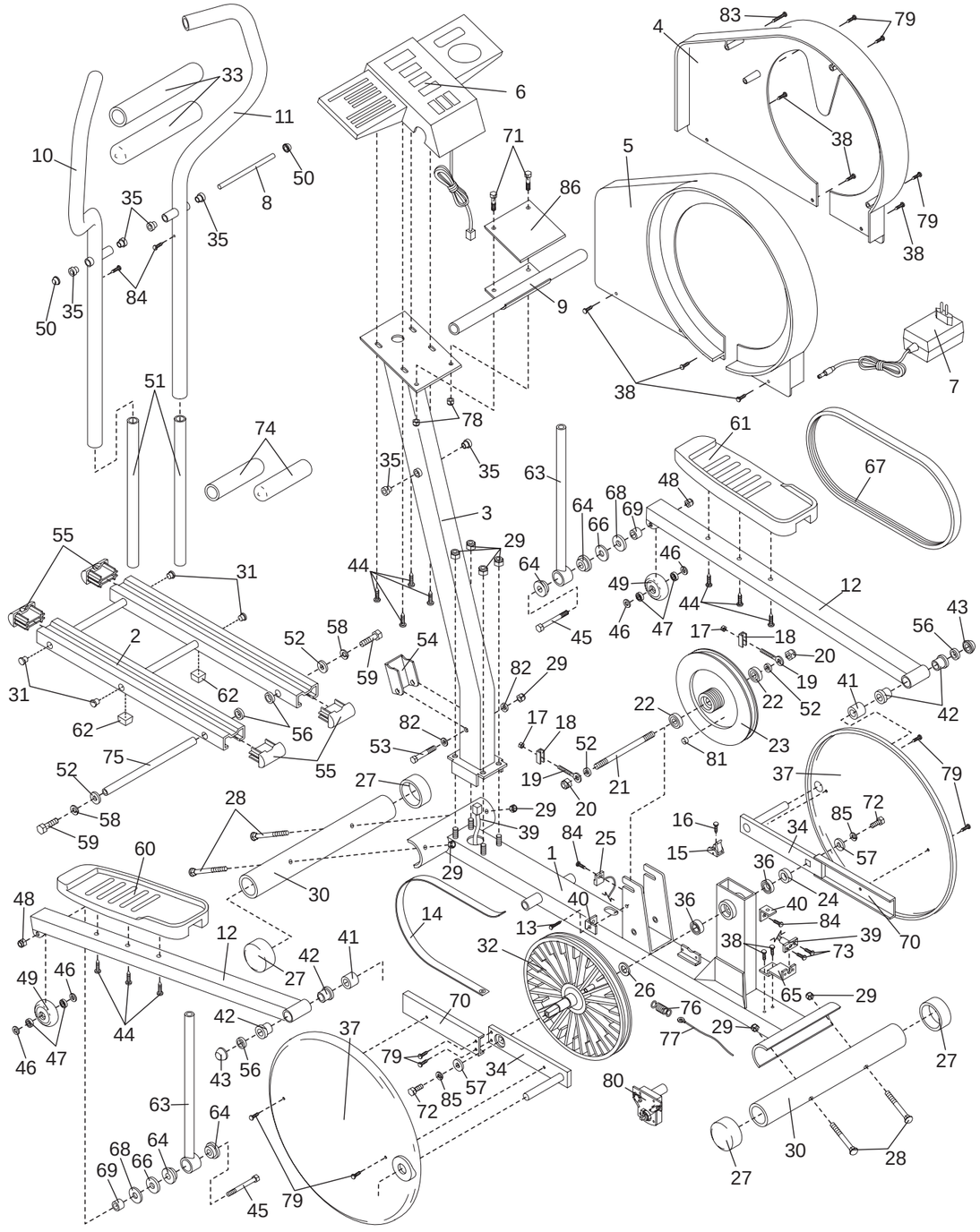
1. **Read all instructions in this manual before using the elliptical crosstrainer.**
2. **It is the responsibility of the owner to ensure that all users are adequately informed of all precautions.**
3. **Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical crosstrainer indoors, away from moisture and dust.**
4. **Inspect and tighten all parts regularly. Replace any worn parts immediately.**
5. **Keep children under age 12 and pets away from the elliptical crosstrainer at all times.**
6. **Hold the handlebar when mounting or dismounting the elliptical crosstrainer. Always hold the handlebar or the upper body arms when using the elliptical crosstrainer.**
7. **Wear appropriate exercise clothing when using the elliptical crosstrainer. Always wear athletic shoes for foot protection.**
8. **The elliptical crosstrainer should not be used by persons weighing more than 250 pounds (115 kg).**
9. **When you stop exercising, allow the pedals to slowly come to a stop.**
10. **Keep your back straight when using the elliptical crosstrainer. Do not arch your back.**
11. **If you feel pain or dizziness whilst exercising, stop immediately and begin cooling down.**
12. **The elliptical crosstrainer is intended for in-home use only. Do not use it in any commercial, rental, or institutional setting.**

**WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.**



# EXPLODED DRAWING—Model No. HEEL89073

R0999A



# PART LIST—Model No. HEEL89073

R0999A

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---|---|---|---|---|---|
| 1 | 1 | Base | 49 | 2 | Wheel |
| 2 | 1 | Incline Frame | 50 | 2* | 5/8” Axle Cap |
| 3 | 1 | Upright | 51 | 2 | Plastic Sleeve |
| 4 | 1 | Right Side Shield | 52 | 4 | 3/8” Zinc Washer |
| 5 | 1 | Left Side Shield | 53 | 1 | 3/8” x 3 1/2” Bolt |
| 6 | 1 | Console | 54 | 1 | Incline Bracket |
| 7 | 1 | Power Cord/Transformer | 55 | 4 | Incline Frame Endcap |
| 8 | 1 | Axle | 56 | 4 | Plastic Spacer |
| 9 | 1 | Handlebar | 57 | 2 | 5/16” Washer |
| 10 | 1 | Left Upper Body Arm | 58 | 2 | 3/8” Lock Washer |
| 11 | 1 | Right Upper Body Arm | 59 | 2 | 3/8” x 1” Screw |
| 12 | 2 | Pedal Arm | 60 | 1 | Left Pedal |
| 13 | 1 | #12 x 1/2” Screw | 61 | 1 | Right Pedal |
| 14 | 1 | Resistance Strap | 62 | 2 | Bumper |
| 15 | 1 | Strap Buckle | 63 | 2 | Chrome Extension Tube |
| 16 | 1 | #8 x 3/4” Screw | 64 | 4 | Extension Bushing |
| 17 | 2 | 1/4” Zinc Nut | 65 | 1 | Power Jack Bracket |
| 18 | 2 | Adjustment Bracket | 66 | 2 | 1 1/4” Plastic Spacer |
| 19 | 2 | 1/4” Eyebolt | 67 | 1 | Belt |
| 20 | 2 | 3/8” Nylon Jam Nut | 68 | 2 | Extension Washer |
| 21 | 1 | Flywheel Axle | 69 | 2 | 1/2” Metal Spacer |
| 22 | 2 | Flywheel Bearing | 70 | 2 | Pulley Arm Extension |
| 23 | 1 | Flywheel w/Magnet | 71 | 2 | 1/4” x 1/2” Screw |
| 24 | 1 | Pulley Spacer | 72 | 2 | 5/16” x 3/4” Screw |
| 25 | 1 | Sensor Wire/Reed Switch | 73 | 2 | #6 x 3” Screw |
| 26 | 1 | Pulley Washer | 74 | 2 | Small Foam Grip |
| 27 | 4 | 3” Endcap | 75 | 1 | Incline Frame Axle |
| 28 | 4 | 3/8” x 3 1/2” Carriage Bolt | 76 | 1 | Tension Spring |
| 29 | 9 | 3/8” Nylon Locknut | 77 | 1 | Tension Cord |
| 30 | 2 | Stabiliser | 78 | 2 | 1/4” Nylon Half Nut |
| 31 | 4 | 1/2” Inner Cap | 79 | 11 | #10 x 3/4” Black Screw |
| 32 | 1 | Pulley w/Axle | 80 | 1 | Motor Assembly |
| 33 | 2 | Large Foam Grip | 81 | 1 | Magnet |
| 34 | 2 | Pulley Arm | 82 | 2* | 3/8” Black Washer |
| 35 | 6 | Pivot Bushing | 83 | 1 | #8 x 2 1/2” Tek Screw |
| 36 | 2 | Pulley Bearing | 84 | 4 | #8 x 1/2” Screw |
| 37 | 2 | Pedal Disk | 85 | 2 | 5/16” Lock Washer |
| 38 | 8 | #8 x 3/4” Tek Screw | 86 | 1 | Console Back |
| 39 | 1 | Main Wire Harness | # | 1 | User’s Manual |
| 40 | 2 | “L” Bracket | # | 2 | Side Shield Decal |
| 41 | 2 | Pedal Arm Spacer | # | 1 | Warning Decal |
| 42 | 4 | Pedal Arm Bushing | # | 1 | Hardware Kit |
| 43 | 2* | 3/4” Axle Cap | # | 1 | Grease Packet |
| 44 | 10* | #8 x 3/4” Black Screw | # | 1 | Clear Lubricant Packet |
| 45 | 2 | 5/16” x 4” Shoulder Bolt | # | 4 | Console Overlay |
| 46 | 4 | 5/16” Wheel Washer | | | |
| 47 | 4 | Wheel Bearing | * Extra parts may be included. | | |
| 48 | 2 | 5/16” Nylon Locknut | # Indicates a non-illustrated part. | | |

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

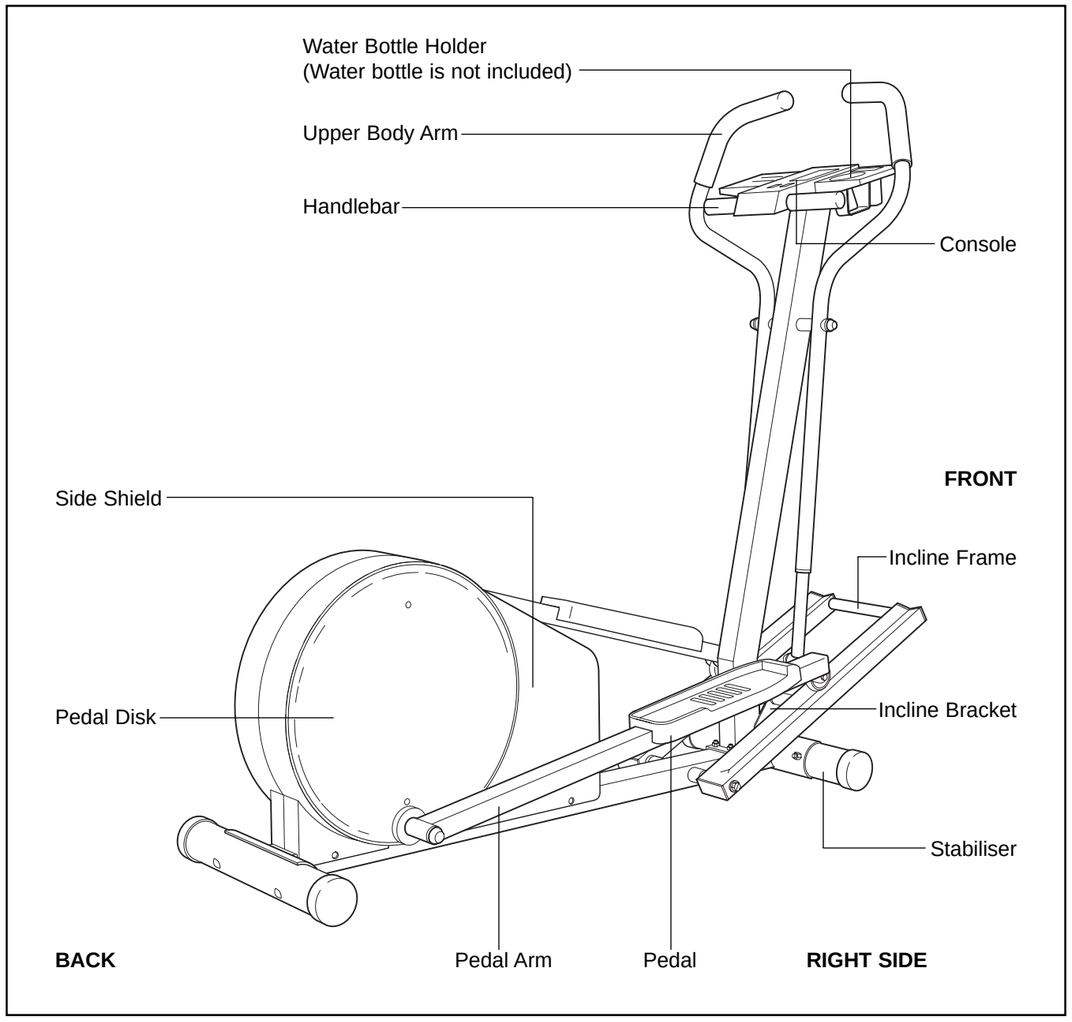


# BEFORE YOU BEGIN

Congratulations for selecting the revolutionary HealthRider® Elliptical Crosstrainer. The HealthRider® Elliptical Crosstrainer is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique Elliptical Crosstrainer features adjustable resistance, two-position incline, and upper body arms to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise.

**For your benefit, read this manual carefully before you use the Elliptical Crosstrainer.** If you have additional questions, please call our Customer Service Department at **0345-089009.** To help us assist you, please note the product model number and serial number before calling. The model number is HEEL89073. The serial number can be found on a decal attached to the Elliptical Crosstrainer (see the front cover of this manual for the location of the decal).

Before reading further, please look at the drawing below and familiarise yourself with the parts that are labelled.



# ASSEMBLY

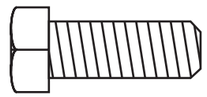
**Assembly requires two persons.** Place all parts of the elliptical crosstrainer in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.**

**The following tools are required for assembly: a phillips screwdriver** **, two adjustable spanners** **, and a rubber mallet** **.**

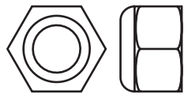
**PART CHART**

Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.**

3/8" x 3 1/2" Carriage Bolt (28)—4

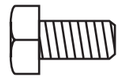


3/8" x 1" Screw (59)—2

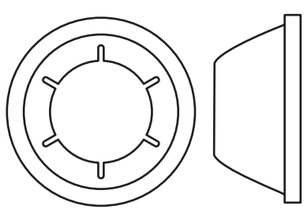


3/8" Nylon Locknut (29)—8

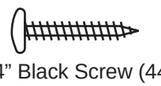
1/4" Nylon Half Nut (78)—2



1/4" x 1/2" Screw (71)—2

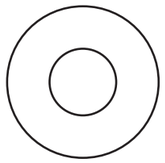


3/4" Axle Cap (43)—2*

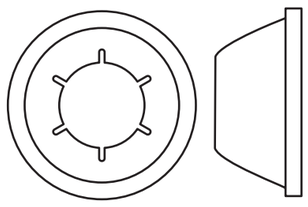


#8 x 3/4" Black Screw (44)—10

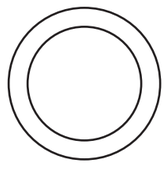
3/8" Lock Washer (58)—2



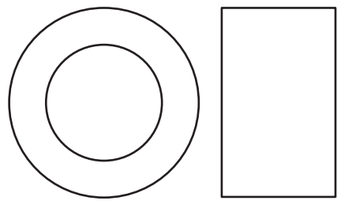
3/8" Zinc Washer (52)—2



5/8" Axle Cap (50)—2*



Plastic Spacer (56)—4



Pedal Arm Spacer (41)—2

***Extra Axle Caps (43, 50) may be included.**



**Training Zone Exercise**

After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 30 minutes.

**Cooling Down**

Finish each workout with 5 to 10 minutes of stretching. Stretching after exercise develops flexibility and helps prevent post-exercise problems.

**EXERCISE FREQUENCY**

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired.**Caution: Be sure to progress at your own pace and avoid overdoing it. Incorrect or excessive training may result in injury to your health.**

**SUGGESTED STRETCHES**

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

**1. Hamstring Stretch**

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

**2. Calf/Achilles Stretch**

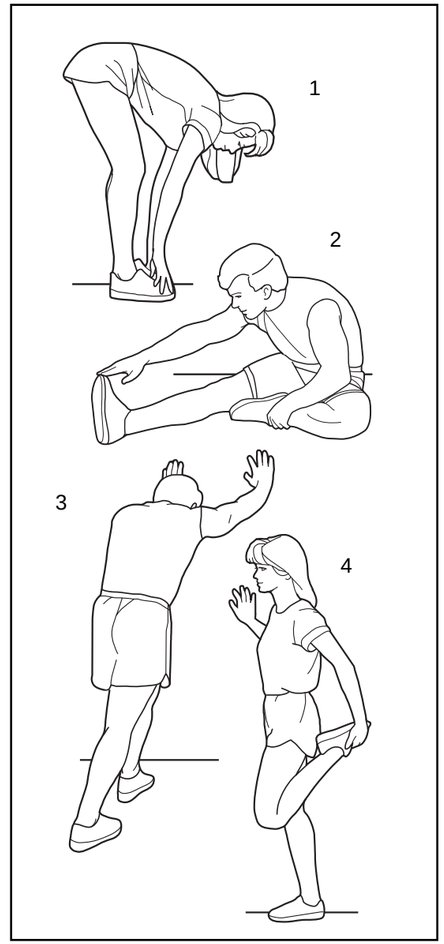
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

**3. Quadriceps Stretch**

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

**4. Inner Thigh Stretch**

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



# CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that a proper diet and adequate rest are essential for successful results.

**WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

**EXERCISE INTENSITY**

Whether your goal is to burn fat or strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone.

You can find your training zone in the table below. Training zones are listed according to age and physical condition.

| AGE | UNCONDITIONED TRAINING ZONE (BEATS/MIN) | CONDITIONED TRAINING ZONE (BEATS/MIN) |
|---|---|---|
| 20 | 138-167 | 133-162 |
| 25 | 136-166 | 132-160 |
| 30 | 135-164 | 130-158 |
| 35 | 134-162 | 129-156 |
| 40 | 132-161 | 127-155 |
| 45 | 131-159 | 125-153 |
| 50 | 129-156 | 124-150 |
| 55 | 127-155 | 122-149 |
| 60 | 126-153 | 121-147 |
| 65 | 125-151 | 119-145 |
| 70 | 123-150 | 118-144 |
| 75 | 122-147 | 117-142 |
| 80 | 120-146 | 115-140 |
| 85 | 118-144 | 114-139 |

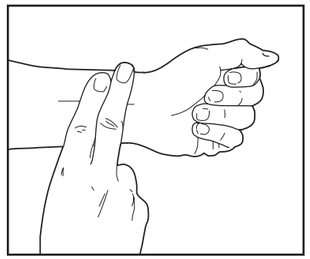
**Burning Fat**

To burn fat, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the low end of your training zone as you exercise.

**Aerobic Exercise**

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the middle of your training zone.

**HOW TO MEASURE YOUR HEART RATE**



To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

**WORKOUT GUIDELINES**

Each workout should include three important parts: (1) a warm-up, (2) training zone exercise, and (3) a cool-down.

**Warming up**

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up.



1. Make sure that there are 3” Endcaps (27) on the ends of both Stabilisers (30).

   Hold one of the Stabilisers (30) against the saddle on the front of the Base (1). Attach the Stabiliser with two 3/8” x 3 1/2” Carriage Bolts (28) and two 3/8” Nylon Locknuts (29).

2. Hold the other Stabiliser (30) against the saddle on the rear of the Base (1). Attach the Stabiliser with two 3/8” x 3 1/2” Carriage Bolts (28) and two 3/8” Nylon Locknuts (29).

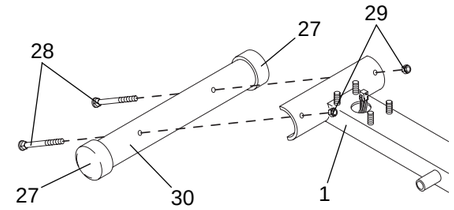
3. Refer to the inset drawing. Feed the console wire harness into the Upright (3), until the end of the console wire harness extends from the bottom of the Upright.

   Whilst another person holds the Upright (3), connect the console wire harness to the Main Wire Harness (39). If the wire harnesses do not fit together easily, turn them—do not force them together. **After you have connected the wire harnesses, pull any slack in the wire harnesses up through the Upright.**

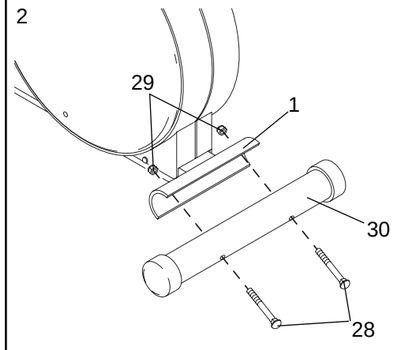
   Slide the Upright (3) onto the welded bolts on the Base (1). **Be careful to avoid pinching the wire harnesses.** Tighten a 3/8” Nylon Locknut (29) onto each welded bolt.

4. Attach the Handlebar (9) and the Console Back (86) to the bracket on the Upright (3) with two 1/4” x 1/2” Screws (71) and two 1/4” Nylon Half Nuts (78).

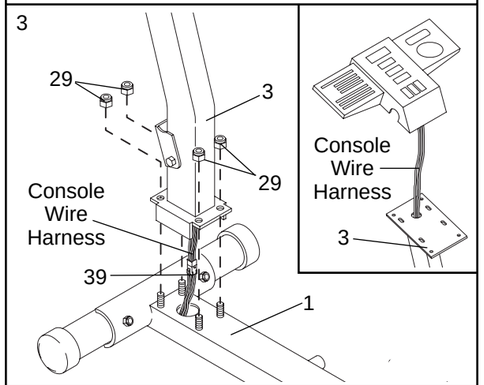
1



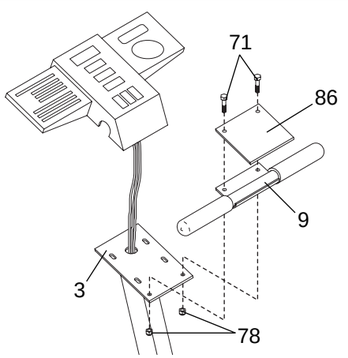

2




3




4



5. Feed all of the slack in the console wire harness down into the Upright (3). Attach the Console (6) to the Upright with four #8 x 3/4” Black Screws (44). **Be careful to avoid pinching the console wire harness.**

6. Align the indicated holes in the Incline Frame (2) with the tube on the Base (1). Insert the Incline Frame Axle (75) through the left side of the Incline Frame, through a Plastic Spacer (56), through the tube on the Base, through another Plastic Spacer, and through the right side of the Incline Frame. Using two adjustable spanners, tighten a 3/8” x 1” Screw (59), with a 3/8” Lock Washer (58) and a 3/8” Zinc Washer (52), into each end of the Incline Frame Axle.

   Tap the two Incline Frame Endcaps (55) into the Incline Frame (2). Remove the backing from the two Bumpers (62). Press the Bumpers onto the underside of the Incline Frame where the Incline Frame touches the front Stabiliser (30).

7. Attach the Left Pedal (60) to the left Pedal Arm (12) with three #8 x 3/4” Black Screws (44).

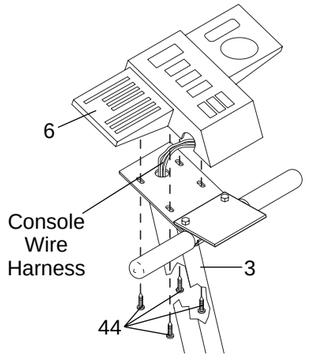
   Attach the Right Pedal (61) to the right Pedal Arm (not shown).

8. Slide a Pedal Arm Spacer (41), the left Pedal Arm (12), and a Plastic Spacer (56) onto the axle on the left Pulley Arm (34) (these parts fit tightly; it may be helpful to use the rubber mallet). **Be careful not to confuse the left Pedal Arm with the right Pedal Arm (not shown); look at the position of the Chrome Extension Tube (63) to identify the left Pedal Arm.**

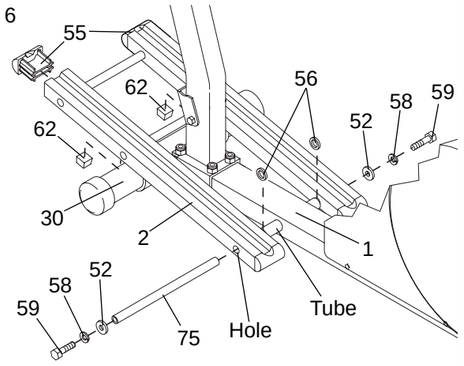
   Tap a 3/4” Axle Cap (43) onto the axle on the left Pulley Arm (34).

   Repeat this step to attach the right Pedal Arm (not shown).

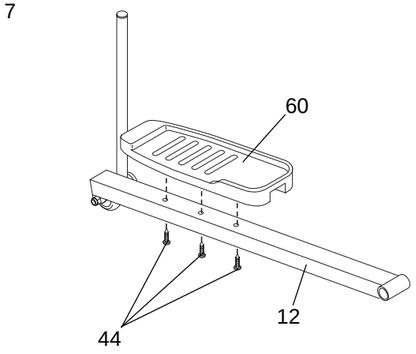
5



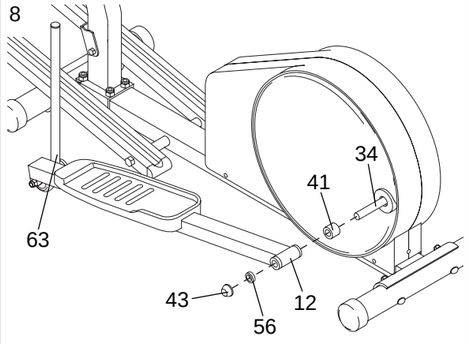

6




7




8

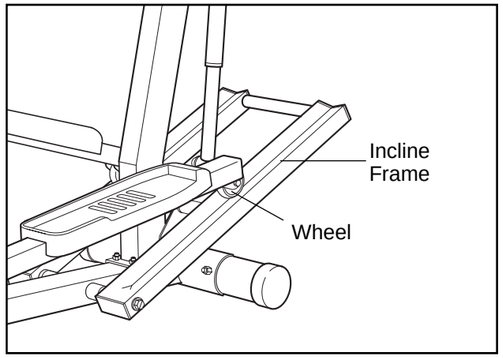





# MAINTENANCE

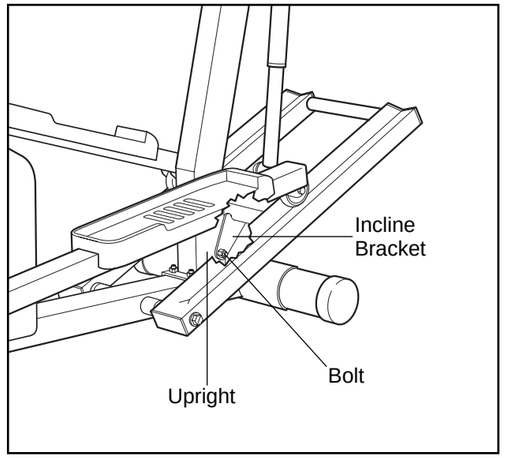
Inspect and tighten all parts of the elliptical crosstrainer regularly. Replace any worn parts immediately.

For smooth operation of the elliptical crosstrainer, the incline frame should be kept clean. Using a soft cloth and mild detergent, clean dust and other residue from the incline frame where the wheels move along it. Other parts of the elliptical crosstrainer can also be cleaned in this manner. **Never use abrasives or solvents to clean the elliptical crosstrainer.**




**LUBRICATING THE INCLINE BRACKET**

You should regularly lubricate the incline bracket and the bolt on which it pivots. Apply a small amount of grease from the included grease packet to the bolt and between the bracket and the upright.



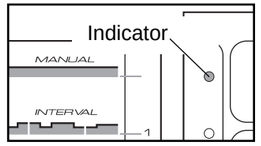
## HOW TO USE THE MANUAL MODE

Make sure that the power cord is plugged into a 220–240 volt outlet. Follow the steps below to use the manual mode of the console.

**1** **Turn on the power.**

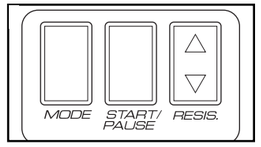
If you just plugged in the power cord or moved the pedals, the power will already be on. The power can also be turned on by pressing any button on the console.

**2** **Select the manual mode.**




When the power is first turned on, the manual mode will automatically be selected and the manual mode indicator will light. If a different mode is selected, press the MODE button repeatedly to select the manual mode.

**3** **Begin striding and adjust the resistance.**




When the MANUAL mode is selected, the resistance of the pedals will be at the minimum setting. As you exercise, adjust the resistance as desired by pressing the RESIS. button. Pressing the upper arrow on the button will increase the resistance; pressing the lower arrow will decrease the resistance.

If you stop exercising for twenty seconds or longer, or if you press the START/PAUSE button, a tone will sound, the console will pause, and the TIME display will begin to flash. In addition, the resistance of the pedals will return to the minimum setting. To restart the console, press the START/PAUSE button or simply begin striding.

**4** **Follow your progress with the four displays.**

As you exercise, the four displays will provide continuous feedback (see paragraphs 3, 4, 5, and 6 on page 9).

**5** **Turn off the power.**

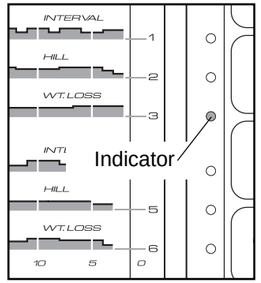
If the pedals are not moved and the console buttons are not pressed for ten minutes, **the power will turn off automatically.**

## HOW TO USE THE WORKOUT PROGRAMS

**1** **Turn on the power.**

See step 1 at the left.

**2** **Select one of the six workout programs.**




Press the MODE button repeatedly to select the desired program. An indicator will light to show which program you have selected. Programs 1, 2, and 3 are twenty-minute programs; programs 4, 5, and 6 are thirty-minute programs.

**3** **Start the program.**

Press the START/PAUSE button and begin striding. As you exercise, the resistance of the pedals will periodically change as shown by the profiles on the left side of the console. (Note: If the resistance is too high or too low, it can be adjusted with the RESIS. button. Pressing the upper arrow on the button will increase all resistance settings of the program; pressing the lower arrow will decrease all resistance settings.) The program will continue until no time remains in the TIME display.

To pause the program before the program is completed, press the START/PAUSE button. A tone will sound, the console will pause, and the TIME display will begin to flash. In addition, the resistance of the pedals will return to the minimum setting. (Note: The program will also automatically pause if the pedals are not moved for twenty seconds.) To restart the program, press the START/PAUSE button or simply begin striding. After a moment, the resistance of the pedals will return to the current program setting.

**4** **Follow your progress with the four displays.**

During the program, the four displays will provide continuous feedback.

**5** **Turn off the power.**

If the pedals are not moved and the console buttons are not pressed for ten minutes, **the power will turn off automatically.**



9. Refer to the inset drawing. Apply a small amount of the included clear lubricant to a paper towel; rub a thin film of lubricant onto the Chrome Extension Tube (63) on the right Pedal Arm (12). Slide the Chrome Extension Tube into the Right Upper Body Arm (11).

   Assemble the Left Upper Body Arm (10) and the other Chrome Extension Tube (63) in the same way.

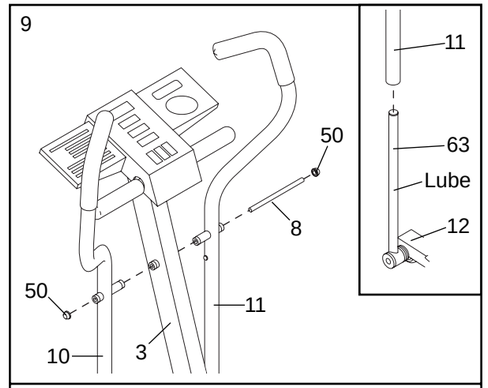
   Tap a 5/8” Axle Cap (50) onto one end of the Axle (8). Insert the Axle through the Right Upper Body Arm (11) and then through the Upright (3). Slide the Left Upper Body Arm (10) onto the Axle. Tap another 5/8” Axle Cap onto the Axle.

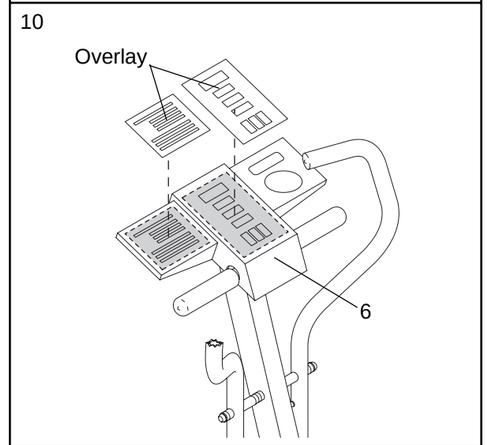
10. Remove the clear plastic from the Console (6).

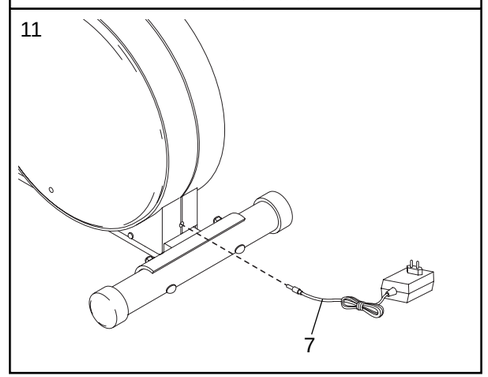
    All of the information on the Console (6) is printed in English. The included overlays contain the same information in four other languages. If English is not your native language, find the overlay that is printed in your native language. **Do not peel the backing off the overlay yet.** Place one section of the overlay on the Console in the position shown and hold it firmly in place with one hand. With your other hand, lift one side of the overlay and peel off part of the backing. Press the overlay firmly in place. Lift the other side of the overlay and peel off the remaining backing. Press the overlay firmly onto the Console.

    Attach the other section of the overlay in the same way.

11. Plug the Power Cord (7) into the jack at the rear of the elliptical crosstrainer. **Make sure to keep the Power Cord away from walkways and heated surfaces.**




12. **Make sure that all parts of the elliptical crosstrainer are properly tightened.** Note: Some parts may be left over after assembly is complete. To protect the floor or carpet, place a mat under the elliptical crosstrainer.

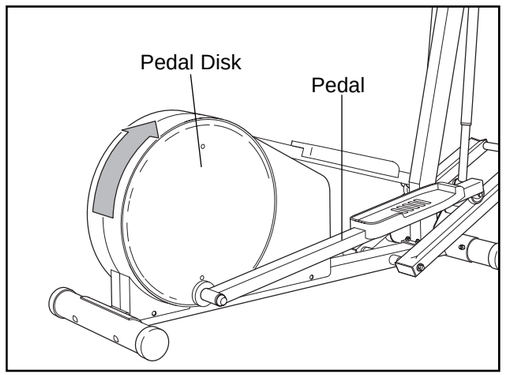
# HOW TO USE THE ELLIPTICAL CROSSTRAINER

### PLUGGING IN THE POWER CORD

Check your power cord to see if it has different voltage settings. If your power cord has different voltage settings, set it to the 12 volt setting. Plug the power cord into a 220–240 volt outlet. The displays and indicators on the console will flash once; the displays and various indicators will then light and a tone will sound. **Please read through all instructions in this section before using the elliptical crosstrainer.**

### EXERCISING ON THE ELLIPTICAL CROSSTRAINER

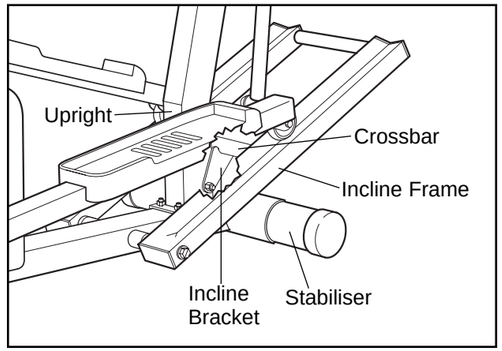
To mount the elliptical crosstrainer, hold the handlebar and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you move the pedals disks in the direction shown below; however, to give variety to your exercise, you may choose to turn the pedal disks in the opposite direction.**




To dismount the elliptical crosstrainer, wait until the pedals come to a complete stop. **CAUTION: The elliptical crosstrainer does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

### INCLINE ADJUSTMENT

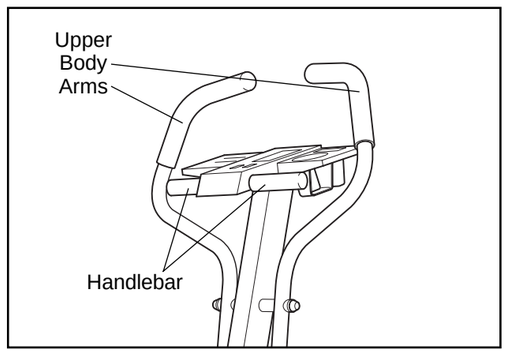
The incline frame can be raised or lowered to vary the intensity of your exercise. To raise the incline frame, lift the end of the incline frame until the crossbar is resting on top of the incline bracket. **Make sure that the incline frame is resting securely on top of the incline bracket.** To lower the incline frame, first lift the incline frame slightly. Then, push the incline bracket toward the upright and lower the incline frame onto the stabiliser.




### USING THE UPPER BODY ARMS

The upper body arms are designed to give you a total body workout. As you exercise, hold the upper body arms and move your arms forward and back in order to work your arms, back, and shoulders.

If you want to exercise only your lower body, hold the handlebar as you exercise.






### FEATURES OF THE CONSOLE

The console offers a variety of features that help you get the most from your exercise. When the console is in the manual mode, the resistance of the pedals can be changed with a touch of a button. As you exercise, four LED displays will provide continuous exercise feedback. The console also offers six workout programs. Each workout program is designed to change the resistance automatically as it guides you through an effective workout.

### DIAGRAM OF THE CONSOLE

1. Program Profiles—These profiles show how the resistance will change during the six workout programs. During program 5, for example, the resistance will gradually increase during the first half of the program, and then gradually decrease during the last half.

2. Mode Indicators—These indicators show which mode is selected (the manual mode or one of the six workout programs).

3. TIME display—When the manual mode is selected, this display will show the elapsed time. When a workout program is selected, this display shows the time remaining in the program.

4. DISTANCE display—This display shows the total distance you have completed, in miles.

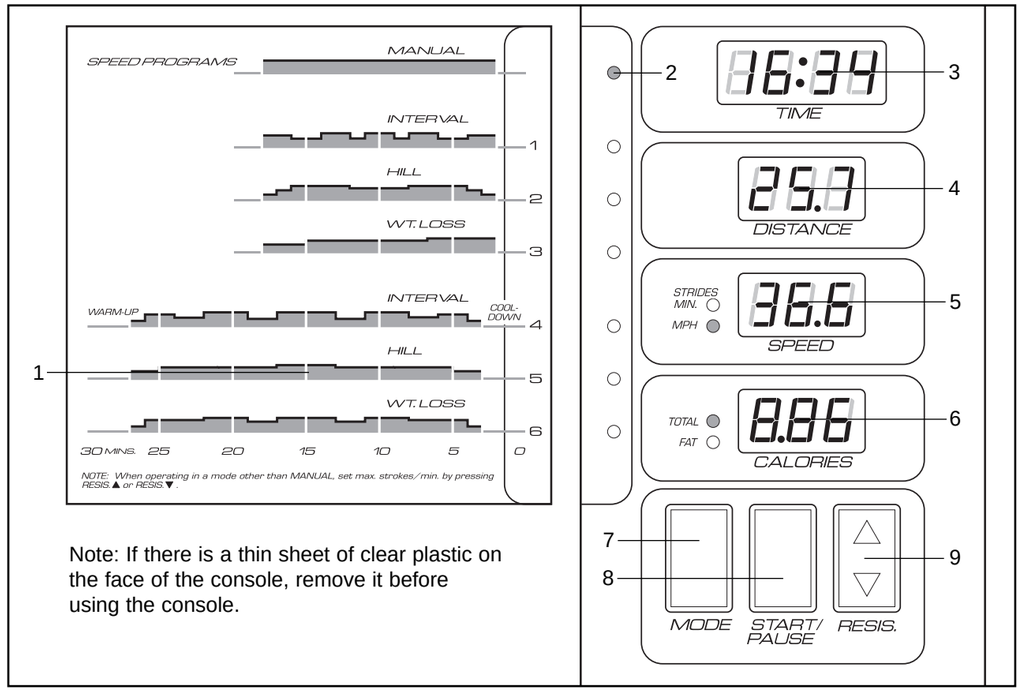
5. SPEED display—This display shows the number of strides you are taking per minute, as well as your current speed in miles per hour. The display will change from one number to the other every seven seconds. When the number of strides per minute is shown, the STRIDES MIN. indicator will light; when your current speed is shown, the MPH indicator will light.

6. CALORIES display—This display shows the total number of calories you have burned and the number of fat calories you have burned. (See BURNING FAT on page 12 for an explanation of fat calories.) The display will change from one number to the other every seven seconds. When the total number of calories is shown, the TOTAL indicator will light; when the number of fat calories is shown, the FAT indicator will light.

7. MODE button—This button is used to select the MANUAL mode and the six workout programs.

8. START/PAUSE button—This button is used to start and pause the workout programs.

9. RESISTANCE (RESIS.) button—This button changes the resistance of the pedals.




Note: If there is a thin sheet of clear plastic on the face of the console, remove it before using the console.